

This I Believe

Tham Hui Hui (29)

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My coach once told me, “Champions risk what others dare not; dream what others think impossible; do what others say can’t be done”, this is the quote I use to motivate myself when I feel despaired and helpless, when times are tough.

Being in gymnastics, every time I attempt a new skill or otherwise step out of my comfort zone, fear will be there to greet me- the fear of falling, the fear of failing or the fear of not understanding the skill. “What if.....what if...or what if?” I would ask myself.

I remember a time when I was made to attempt giant swings on the uneven bars, it was the worst nightmare in my life! As I went up the bar, my mind was filled with uncertainties and questions. “What if I fly out of the bar? What if I crash headfirst?” My heart raced quickly. Holding on to the bar, I did not dare to do it. Something was stopping me, something told me not to go. It was fear. Then, tears started trickling down my cheeks, I just couldn’t do it.

My coach told me to get down and he explained, “When a gymnast tries a new move, they just set and go. They don’t stop to think; for they know that fear would get in. They just think of how to execute the skill and stick the landing. Take the first step out, get your fears away, and trust yourself.” Once again, I was on the bars. This time, I did as my coach said. In a flash, I found myself swinging on the bar and in a blink I was up at handstand position. I did it. My first giant swing.

Most often, fear just prevents us from being at our absolute best, getting in our way and holding us back from our full potential. Fear is something that lives in our mind, it tells our mind something different from what we know about things and when we decide to trust them, fear gets in. Fear is just those “What if” we tell ourselves. However, how often does “what if” happen?

Thus I believe that it is important to get out of our comfort zone and face fears to improve ourselves. The first step out of our comfort zone would get rid of our insecurity and impression of the thing we fear. It would be able to make us change our impression of something and alleviate the fears we have.

I fear, but it is not going to control me, I will control it.